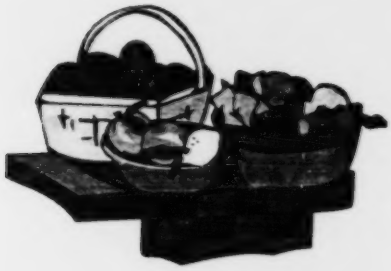
Meals on Wheels

Wheels to Meals

&

Frozen Meals



Produced by N.S. Meals Network

Printed by N.S. Dept. of Health
Continuing Care Branch

September 2002

103-02563/

Acknowledgement

The 2002 Edition of the Meal Program Directory was prepared by Jennifer Sampson, a dietetics student of Mount Saint Vincent University and hired under the Summer Career Placement Program of Human Resources Development Canada. The project was a joint initiative of the Nova Scotia Meals Network, Spencer House Seniors Centre and Continuing Care Branch, Nova Scotia Department of Health.

TABLE OF CONTENTS

MEALS ON WHEELS

ANNAPOLIS COUNTY

Bridgetown, Lawrencetown & Surrounding Area 1
Annapolis Royal, Upper Clements, Clementsport 1
Town of Middleton 2
Nictaux & Area 2
Lawrencetown & Area 2

ANTIGONISH COUNTY

Antigonish Town & County 3
Frozen Favourites (Private Recipes) 3

CAPE BRETON ISLAND

Glace Bay Town & Area 3
North Sydney, Sydney Mines, Parts of C.B. County 4
Sydney Mines, Florence, Bras d'Or 4
Port Hawkesbury & Port Hastings 4
Cheticamp & Area 5
Inverness & Area 5
Sydney & Surrounding Counties 5
North of Smokey 6
St. Peters, Johnstown, River Bourgeois, Grand River 6
Baddeck 6
New Waterford & District 7
Frozen Favourites (Private Recipes) 7

COLCHESTER COUNTY

Truro East End 7
Truro 8
Tatamagouche & Area 8

CUMBERLAND COUNTY
Amherst - 3 Mile Radius 9
Springhill & Area 9
Pugwash Village & District 9
East Apple River to Fraserville - 20 Mile Radius 10
Frozen Favourites (Private Recipes) 10

DIGBY /CLARE COUNTY
Frozen Favourites (Private Recipes) 10

GUYSBOROUGH COUNTY
Sherbrooke & Area 11
Canso, Hazel Hill, Little Dover, Tickle Areas 11
Guysborough - 15 Km Radius 12

HALIFAX & COUNTY
Halifax 12
Cole Harbour, Westphal Area 13
Oyster Pond, Jeddore to Porters Lake 13
Eastern Passage, Cow Bay, Cole Harbour 14
Beaverbank, Kinsac, & Sackville 14
Musquodoboit Valley 14
Windsor Junction, Bedford, Sackville, Waverly, Fall River 15
East River to Ingramport (including Blandford) 15
Sheet Harbour, Watt Section 16
Dartmouth 16
Bay Area, St. Margaret's Bay 17
Frozen Favourites (Private Recipes) 17

HANTS COUNTY
Windsor, West Hants 17

KINGS COUNTY
Wolfville, Greenwich 18
Kingston & District 18
Aylesford & Area 19

Berwick, Kingston & Aylesford Area 19
Kentville, New Minas, Centreville, Canning 20
Waterville, Cambridge, Coldbrook 20
Frozen Favourites (Private Recipes) 20

LUNENBURG COUNTY
Lunenburg & District 21
Bridgewater Town Limits 21
Mahone Bay & Area 22
Riverport & District 22
New Germany 22
Dayspring District 23
Frozen Favourites (Private Recipes) 23

PICTOU COUNTY
New Glasgow 24
Pictou Town & 5 Mile Radius 24
Trenton Town & 5 Mile Radius 25
Stellarton Town & 3 Mile Radius & Westville 25

QUEENS COUNTY
Liverpool, Milton, Brooklyn & 5 Mile Radius 26
Caledonia 26
Frozen Favourites (Private Recipes) 26

SHELBURNE COUNTY
Sandy Point- 5 Mile Radius of Roseway Manor 27
Barrington, Cape Sable Isl., Woods Harbour & Shag Harbour 27

YARMOUTH COUNTY
Town of Yarmouth 28
Frozen Favourites (Private Recipes) 28

WHEELS TO MEALS

CAPE BRETON COUNTY
- New Waterford 29
- Sydney City and County 29

COLCHESTER COUNTY
- Glenholm-Lower Five Islands 30
- Truro & Area 30

HALIFAX COUNTY
- Halifax West, Rockingham, Clayton Park West 31
- Fairview & Clayton Park Area 31
- Sackville Area 32
- Halifax South 32
- Halifax 32
- Central Halifax 33

DARTMOUTH 34

HANTS COUNTY
- Windsor & Area 36

KINGS COUNTY
- Berwick 36

PICTOU COUNTY
- Pictou County 37

MEALS ON WHEELS

MEALS ON WHEELS

ANNAPOLIS COUNTY

Bridgetown, Lawrencetown & Surrounding Area

Meals on Wheels
Contact Person: Anne MacNeil
Adult Residential Centre, Box 548 Bridgetown, NS B0S 1C0
Phone: 665-4566 Fax: 665-5265
Meals Prepared by: Annapolis Co. ARC - Dietary Staff
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Anne MacNeil

Annapolis Royal, Upper Clements, Clementsport

Annapolis Community Health Centre
Contact Person: Jo-Anne Wentzell, Dietitian
821 George St., Annapolis Royal, NS B0S 1A0
Phone: 532-2381 Fax: 532-2113
E-mail: jwentzel@avdna_nshealth.ca
Meals Prepared by: Food & Nutrition Services - ACHC Days
Meal is Available: Monday, Wednesday, Friday (excluding holidays)
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Jo-Anne Wentzell

Town of Middleton

Middletown Meals on Wheels
Contact Person: Adora Parsons
Box 1082 Middleton, NS B0S 1P0
Phone: 825-6742
Meals Prepared by: Soldiers Memorial Hospital
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Adora Parsons

Nictaux & Area

Nictaux Meals on Wheels
Contact Person: Elaine Crouse
RR#3 Middleton, NS B0S 1P0
Phone: 825-3519
Meals Prepared by: Soldiers Memorial Hospital
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Elaine Crouse

Lawrencetown & Area

Meals on Wheels
Contact Person: Joan Steadman
Lawrencetown, Annapolis Co., NS B0S 1M0
Phone: 584-3370 E-mail: joan.steadman@ns.sympatico.ca
Meals Prepared By: Adult Residential Centre - Bridgetown
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Joan Steadman

ANTIGONISH COUNTY

Antigonish Town & County

VON Antigonish
Contact Person: Anne Isherwood
65 Beech Hill Rd., Antigonish, NS B2G 2K8
Phone: 863-2547 Fax: 863-0992 E-mail: anneisherwood@ns.sympatico.ca
Meals Prepared by: Marriott Foods - St. Francis Xavier University
Days Meal is Available: Mon. Tues. Wed. Thur. Fri. Sun.
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: Yes
Submitted by: Anne Isherwood

Frozen Favorites (Private Recipes)

VON Antigonish
Phone: 863-2547

CAPE BRETON ISLAND

Glace Bay Town & Area

Citizens Service League
Contact Person: Kathleen McKinlay
150 Commercial St., Glace Bay, NS B1A 3C1
Phone: 849-2449 Fax: 849-2449 E-mail: townhouse@ns.sympatica.ca
Meals Prepared by: Volunteers
Days Meal is Available: Wednesday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Kathleen McKinlay

North Sydney, Sydney Mines, Parts of Cape Breton County (via Kiwanis Golden Kay Club)

Northside Homemaker Service Society
Contact Person: Norma Blinkhorn
735 Main St., Sydney Mines, NS B1V 2L3
Phone: 736-2701 Fax: 736-0957
Meals Prepared by: Miners' Memorial Manor & Northside Gen. Hospital
Days Meal is Available: Mon. Tues. Wed. Thurs.
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Cavell Young

Sydney Mines, Florence, Bras d'Or

Miners Memorial Manor
Contact Person: Northside Visiting Homemakers
Main St., Sydney Mines, NS B1V 3B9
Phone: 736-2701 Fax: 736-0667
Meals Prepared by: Miners Memorial Manor
Days Meal is Available: Monday & Wednesday
Fee Charged: $4.00
Frozen Favourites (Private Recipes) available: No
Submitted by: Paul Campbell

Port Hawkesbury & Port Hastings

Royal Canadian Legion Branch 43
Contact Person: Bill Charlton
204 Hiram St., Port Hawkesbury, NS B9A 2C2
Phone: 625-2334
Meals Prepared by: Skye Motel Dining Room
Days Meal is Available: Wednesday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Bill Charlton

Cheticamp & Area

Meals on Wheels
Contact Person: Jean Aucoin
Box 219 Cheticamp, NS B0E 1H0 - Phone: 224-1598 Fax: 224-1188
Meals Prepared by: Foyer Pere Fiset Nursing Home
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No

Inverness & Area

Meals on Wheels
Contact Person: Joan MacLellan
Box 460 Inverness, NS B0E 1N0 - Phone: 258-2842 Fax: 258-3865
Meals Prepared by: Inverness Consolidated Memorial Hospital
Days Meal is Available: Wednesday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Joan MacLellan

Sydney & Surrounding Counties

Volunteer Resource Centre
Contact Person: Kay Batherson, Manager Volunteer Resource Centre
4 Dryden Ave. P.O. Box 1055, Sydney, NS B1P 6J7
Phone: 562-1245 **or** 539-9566 Fax: 539-7210
E-Mail: sydneyvolunteers@ns.sympatico.ca
Meals Prepared by: MacGillivary Guest Home, Braemore Home and Addiction Services
Days Meal is Available: Monday to Friday
Fee Charged: $4.00
Meal Services Available: Wheels to Meals
Frozen Favourites (Private Recipes) available: No
Submitted by: Kay Batherson
* Wheels to Meals or Congregate Dining will be available starting September.

North of Smokey

Highland Manor
Contact Person: Donna Rideout
P.O. Box 48, Neil's Harbour, NS B0C 1N0
Phone: 336-2895 Fax: 336-2895
Meals Prepared by: Highland Manor
Days Meal is Available: Wednesday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Donna Rideout

St. Peter's, Johnstown, River Bourgeois, Grand River

Richmond Villa
Contact Person: Janelle Fougère
P.O. Box 250, St. Peter's, NS B0E 3B0
Phone: 535-3030 Fax: 535-2256
Meals Prepared by: Richmond Villa Dietary Staff
Days Meal is Available: Monday, Tuesday, Wednesday
Fee charged: $4.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Janelle Fougère

Baddeck

Meals on Wheels
Contact Person: Joan Fownes
Victoria County Memorial Hospital Box 220 Baddeck, NS B0E 1B0
Phone: 295-2112 Fax: 295-3432 E-Mail: fownesj@cbdha.nshealth.ca
Meals Prepared by: Victoria County Memorial Hospital
Days Meal is Available: Monday & Wednesday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Joan Fownes

New Waterford & District

Rotary Meals on Wheels
Contact Person: Mr. Wayne Connors
581 George St., New Waterford, NS B1H 4E4
Phone: 862-6176 E-Mail: wayne.connors@ns.sympatico.ca
Meals Prepared By: New Waterford Consolidated Hospital Kitchen
Days Meal is Available: Monday, Wednesday & Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Wayne Connors

Frozen Favourites (Private Recipes)

VON Cape Breton Metro
Phone: 564-6479 ext. 226

COLCHESTER COUNTY

Truro - East End

East End Meals on Wheels
Contact Person: Shirley Hatcher
1178 Prince St., Truro, NS B2N 1J2
Phone: 893-9278 E-mail: chalmers@ns.sympatico.ca
Meals Prepared by: Capricorn Restaurant
Days Meal is Available: Tuesday & Thursday
Fee Charged: $4.25 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Shirley Hatcher
* Take-out service available

Truro

Cedarstone Enhanced Care
Contact Person: Diane Farrell
378 Young Street, Truro, NS B2N 7H2
Phone: 895-2891 Fax: 893-3503 E-Mail: farrelld@shannex.acl.ca
Meals Prepared by: Cedarstone Enhanced Care Dietary Staff
Days Meal is Available: Monday, Wednesday, Friday (excludes holidays)
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Diane Farrell

Tatamagouche & Area

Willow Lodge Meals on Wheels
Contact Person: Shelly LeFresne
100 Blair Ave. Box 249 Tatamagouche, NS B0K 1V0
Phone: 657-3101 Fax: 657-3222
E.mail: shelly.lefresne@willowlodge.ca
Meals Prepared by: Willow Lodge Kitchen Staff
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: Yes
Submitted by: Shelly LeFresne

CUMBERLAND COUNTY

Amherst - 3 Mile Radius

Meals on Wheels
Contact Person: Beth Fraser, VON
Box 362, Amherst, NS B4H 3Z5
Phone: 667-8796 Fax: 667-8303
Meals Prepared by: Highland View Regional Hospital
Days Meal is Available: Monday to Friday
Fee Charged: $5.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Beth Fraser

Springhill & Area

Contact Person: Jackie Guyette ***The contact person is going to change during the year***
Box 2357, Springhill, NS B0M 1X0 - Phone: 597-8162
Meals Prepared by: Highcrest Nursing Home
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $5.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Jackie Guyette

Pugwash Village & District

Sunset Residential & Rehab. Services
Contact Person: Irene Acker or Frank McQueen
Box 130, Pugwash, NS B0K 1L0
Phone: 243-2571 ext. 26 **or** 243-2907 Fax: 243-3222
Meals Prepared by: Sunset Residential & Rehabilitation Services
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: No

East Apple River to Fraserville – 20 Mile Radius

Bayview Memorial Health Centre
Contact Person: Connie Ells, Site Manager
Advocate Harbour, Cumberland Co., NS B0M 1A0
Phone: 392-2859 Fax: 392-2625
Meals Prepared by: Bayview Memorial Hospital Dietary Staff
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.25 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Connie Ells

Frozen Meals (Private Recipes)

Meals and More (Greater Amherst Area)
Contact Person: Susan Kastuk-Ridlington, Consultant Dietitian
Phone: 536-8102 – toll free for the area.
Days Available: Weekly delivery for as many *frozen* meals as requested.
* Can cater to most therapeutic diets, regular minced and purred textured diets as well as vegetarian diets.

DIGBY/CLARE COUNTY

Frozen Favourites (Private Recipes)

VON Digby
Phone: 837-5117

GUYSBOROUGH COUNTY

Sherbrooke & Area

Meals on Wheels
Contact Person: Alice Hewitt
RR#2 Sherbrooke, NS B0J 3C0
Phone: 522-2365 Fax: 522-2365
Meals Prepared by: Sherbrooke Nursing Home
Days Meal is Available: Tuesday & Thursday
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Alice Hewitt

Canso, Hazel Hill, Little Dover, Tickle Areas

Meals on Wheels
Contact Person: Darren Bennet, Canso Seaside Manor
Box 70, Canso, NS B0H 1H0
Phone: 366-3030 Fax: 366-3093 E-Mail: darren@townofcanso.com
Meals Prepared by: Eastern Memorial Hospital
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Darren Bennett

Guysborough - 15 Km Radius

Guysborough & Area Meals on Wheels
Contact Person: Mary MacAskill
P.O. Box 264, Guysborough, NS B0H 1N0
Phone: 533-3655 Fax: 533-2622 E-Mail: gchsa@auracom.com
Meals Prepared by: Milford Haven Home for Special Care
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Natasha Williams

HALIFAX & COUNTY

Halifax

Halifax Meals on Wheels
Contact Person: Mildred Broughm
6036 Coburg Road, Halifax, NS B3H 1Y9
Phone: 429-4299 or 429-4969
E-Mail: hfxmealsonwheels@ns.sympatica.ca
Meals Prepared by: Northwood, St. Vincent's Guest House, Mount St. Vincent Mother House
Days Meal is Available: Monday to Friday
Fee Charged: $5.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Mildred Broughm

Cole Harbour & Westphal Area

Cole Harbour Meals on Wheels
Contact Person: Lloyd Brown
71 Fiddler's Green Dartmouth, NS B3K 1Z6
Phone: 454-3388 Fax: 465-3422
Meals Prepared by: Oceanview Manor
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Lloyd Brown

Oyster Pond, Jeddore to Porter's Lake

Meals on Wheels, Twin Oaks Continuing Care Centre
Contact Person: Marilyn MacPherson
Highway #7 Musquodoboit Harbour, NS B0J 2L0
Phone: 889-4116 Fax: 889-2470
Meals Prepared by: Dietary Department - Twin Oaks
Days Meal is Available: Monday & Wednesday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Marilyn MacPherson

Eastern Passage, Cow Bay & Cole Harbour

Meals on Wheels, Ocean View Manor
Contact Person: Lloyd Brown
1909 Caldwell Rd, NS B3V 1Z8
Phone: 465-6020 (156) Fax: 465-4929 E.mail: lmacmaster@ovm.ca
Meals Prepared by: Ocean View Manor
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Laura MacMaster

Beaverbank, Kinsac & Sackville

Meals on Wheels
Contact Person: Beatrice Boutilier
125 Knowles Crescent, Beaverbank, NS B4C 2S6
Phone: 865-6364 Fax: 865-3582
Meals Prepared by: Scotia Nursing Home Dietary Department
Days Meal is Available: Everyday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Beatrice Boutilier

Musquodoboit Valley Memorial Hospital - Catchment Area 4 Mile Radius from Hospital

Meals on Wheels
Contact Person: Connie Rogers
492 Archibald Brook Road, Middle Musquodoboit, NS B0N 1X0
Phone: 384-2220 ext. 243 Fax: 384-3310
Meals Prepared by: Musquodoboit Valley Memorial Hospital
Days Meal is Available: Tuesday, Wednesday, Friday * ***Take out service available***
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Connie Rogers

Windsor Junction, Bedford, Hammonds Plains, Kinsac Sackville, Waverly, Fall River, Beaverbank, Pockwock, Wellington, Mount Uniacke

Sackville / Bedford Meals on Wheels
Contact Person: Rita Connors
70 Memory Lane, Lower Sackville, NS B4C 2J3
Phone: 869-6103 Fax: 865-4816
Meals Prepared by: Royal Canadian Legion,Lower Sackville & Whisker's Restaurant
Days Meal is Available: Tuesday, Wednesday, Thursday & Friday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Rita Connors

East River to Ingramport (including Blandford)

Meals on Wheels
Contact Person: Juanita Zhukow, Coordinator
Site 11 B3 C10 RR2, Hubbards, NS B0J 1T0
Phone: 857-1350 or Cell: 478-4781
Meals Prepared by: Outback Family Restaurant and The Deck
Days Meal is Available: Tuesday & Thursday
Fee Charged: $5.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Juanita Zhukow

Sheet Harbour, Watt Section

Meals on Wheels
Contact Person: Larry Horton
Sheet Harbour, NS B0J 3B0
Phone: 885-3614 Fax: 885-3200 E-mail: larry.horton@cdha.nshealth.ca
Meals Prepared by: Eastern Shore Memorial Hospital
Days Meal is Available: Tuesday, 7 days per week if pick-up arranged
Fee Charged: $4.00 per meal
Meal Services Available: Wheels to Meals
Frozen Favourites (Private Recipes) available: No
Submitted by: Larry Horton

Former Dartmouth City Boundaries

Dartmouth Seniors' Service Centre
Contact Person: Marva Fairfax
45 Octerloney St., Dartmouth, NS B2Y 4M7
Phone: 465-5578 Fax: 465-2755
E-mail: dartmouthseniors@ns.sympatico.ca
Meals Prepared by: David Powell
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00
Frozen Favourites (Private Recipes) available: Yes
Submitted by: D. Britter

Bay Area, St. Margaret's Bay (Ingramport River to West Dover to Hubley Lake Rd.)

Bay Area Meals on Wheels Society
Contact Person: Martin Gibson
44 Kennedy Rd., RR #1, Boutilier's Point, NS B0J 1G0
Phone: 826-2941 Fax: 826-2118 E-mail: martingibson@hfx.eastlink.ca
Meals Prepared by: Two Gulls Restaurant
Days Meal is Available: Tuesday & Thursday
Fee Charged: $5.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Martin Gibson

Frozen Favourites (Private Recipes)

VON Greater Halifax
Phone: 453-5800

HANTS COUNTY

Windsor, West Hants

Volunteer Services, VON
Contact Person: Evelyn Jones
Hants Community Hospital, 9 Payzant Drive, Windsor, N.S. B0N 2T0
Phone: 792-1972 E-mail: sunroot@ns.sympatico.ca
Meals Prepared by: Dykeland Lodge & Hants Community Hospital
Days Meal is Available: Monday, Tuesday, Wednesday, Thursday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: Yes
Submitted by: Evelyn Jones

KINGS COUNTY

Wolfville, Greenwich

Meals on Wheels
Contact Person: Jane Bent
200 Main Street, Wolfville, NS B4P 1C4
Phone: 542-2117
Meals Prepared by: Wolfville Nursing Home
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Jane Bent

Kingston & District

Meals on Wheels
Contact Person: Linda Desmond
1133 Tufts Avenue, Kingston, NS B0P 1R0
Phone: 765-2564
Meals Prepared by: Soldier's Memorial Hospital
Days Meal is Available: Monday, Wednesday, Friday
Fee charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Linda Desmond

Aylesford & Area

Meals on Wheels
Contact Person: Heide Cogswell
Box 97, Aylesford, NS BOP 1CO
Phone: 847-9370
Meals Prepared by: Grand View Manor, Berwick
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4,00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Heide Cogswell

Berwick, Kingston & Alyesford Area

VON Meals on Wheels
Contact Person: Scott Anderson
VON- RR #1 15 Chipman Dr., Kentville, NS B4N 3V7
Phone: 538-8374 Fax: 690-2106 E-mail: andersons@vonannvalley.ns.ca
Meals Prepared by: Grand View Manor - Berwick
Days Meal is Available: Monday, Wednesday & Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Scott Anderson

Kentville, New Minas, Centreville, Canning

VON Annapolis Valley Branch
Contact Person: Cheryl Connolly
RR #1 Kentville, 15 Chipman Drive, Kentville, NS B4N 3V7
Phone: 690-2118 Fax: 690-2106 E.mail: pep@vonannvalley.ns.ca
Meals Prepared by: Valley Regional Hospital
Days Meal is Available: Monday, Wednesday, Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: Yes
Submitted by: Scott Anderson

Waterville, Cambridge, Coldbrook

Kings Regional Rehabilitation Centre
Contact Person: Carolyn Pynch
1349 County Home Road, Kings Co., NS B0P 1V0
Phone: 538-3103 ext.123 Fax: 538-7022 E-mail: cpynch@krrc.ns.ca
Meals Prepared by: Food Services Staff
Days Meal is Available: Monday, Wednesday, Friday * ***Take-out service available***
Fee Charged: $4,00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Carolyn Pynch

Frozen Favourites (Private Recipes)

VON Annapolis Valley Branch
Phone: 678-3415

LUNENBURG COUNTY

Lunenburg & District

Lunenburg Meals on Wheels
Contact Person: Geraldine Tanner
Box 881, Lunenburg, NS B0J 2C0
Phone: 634-8018
Meals Prepared by: Harbour View Haven Home for Special Care
Days Meal is Available: Tuesday & Friday * Take-out service available
Fee Charged: $3.25 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Geraldine Tanner

Bridgewater Town Limits

Hillside Pines
Contact Person: Laurie Spicer
77 Exhibition Drive Bridgewater, NS B4V 3K9
Phone: 543-1525 Fax: 543-8083
Meals Prepared by: Hillside Pines Dietary Staff
Days Meal is Available: Monday & Thursday
Fee Charged: $4,00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Laurie Spicer

Mahone Bay & Area

Mahone Nursing Home
Contact Person: Charles Uhlman
PO Box 520, Mahone Bay, NS B0J 2E0
Phone: 624-9363 Fax: 624-8654
Meals Prepared by: Mahone Nursing Home
Days Meal is Available: Tuesday & Thursday
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Betty Wile, Dietary Supervisor

Riverport & District

Meals on Wheels
Contact Person: Nancy Slauenwhite
RR#1 Rose Bay, Lunenburg Co., NS B0J 2X0
Phone: 766-4397 E-mail: uslauenwhite@bwr.eastlink.ca
Meals Prepared by: Fisherman's Memorial Hospital
Days Meal is Available: Tuesday & Thursday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Nancy Slauenwhite

New Germany

Rosedale Home for Special Care
Contact Person: Avan Joudrey
RR#2 New Germany, NS B0R 1E0
Phone: 644-2008 Fax: 644-3260 E-mail: henrys@ns.sympatico.ca
Meals Prepared by: Rosedale Home for Special Care
Days Meal is Available: Tuesday & Thursday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Avan Joudrey

Dayspring District

LaHave Manor Corporation
Contact Person: Colette Connolly
P.O. Box 270, Bridgewater, NS B4V 2W9
Phone: 543-7851 Fax: 543-8332
E.mail: cconnolly@municipality.lunenburg.ns.ca
Meals Prepared by: LaHave Manor
Days Meal is Available: Tuesday & Thursday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Colette Connolly

Frozen Favourites (Private Recipes)

Rosedale Home for Special Care
Phone: 644-2008

VON Lunenburg County
Phone: 624-0318 or 1-877-813-3111

PICTOU COUNTY

New Glasgow

Meals on Wheels
Contact Person: Elsie M. MacKay
124 McKay Street, New Glasgow, NS B2H 3H7
Phone: 752-7430
Meals Prepared by: Adult Residential Centre, Riverton
Days Meal is Available: Tuesday & Thursday (excluding July & August)
Fee Charged: $3.50 per meal (may increase in september)
Frozen Favourites (Private Recipes) available: No
Submitted by: Elsie MacKay

Pictou Town & 5 Mile Radius

Maritime Odd Fellows Home
Contact Person: Aleatha Hislop
P.O. Box 850, Pictou, NS B0K 1H0
Phone: 485-5492 ext.32 Fax: 485-9223 E-mail: lindsey@nsis.com
Meals Prepared by: Odd Fellows Home Kitchen
Days Meal is Available: Monday to Friday
Fee Charged: $4.00 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Aleatha Hislop

Trenton Town & 5 Mile Radius

Meals on Wheels
Contact Person: Sheila Hoeg, Coordinator of Volunteer Services
VON Pictou County, Box 45, New Glasgow, NS B2H 3S2
Phone: 755-4524 Fax: 755-2091 E-mail: sheilahoeg@vonpictouco.ns.ca
Meals Prepared by: Glen Haven Manor
Days Meal is Available: Tuesday and Thursday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Sheila Hoeg

Stellarton Town & 3 Mile Radius & Westville (Town Only)

Meals on Wheels
Contact Person: Sheila Hoeg, Co-ordinator of Volunteer Services
VON Pictou County, Box 45, New Glasgow, NS B2H 3S2
Phone: 755-4524 Fax: 755-2091 E-mail: sheilahoeg@vonpictouco.ns.ca
Meals Prepared by: Glen Haven Manor, New Glasgow
Days Meal is Available: Monday & Friday
Fee Charged: $3.50 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Sheila Hoeg

QUEENS COUNTY

Liverpool, Milton & Brooklyn & 5 Mile Radius

VON Queens County Branch
Contact Person: Margo Walsh-Leaman
179 School St. P.O. Box 78 Liverpool, NS B0T 1K0
Phone: 354-3297 Fax: 354-5520 E-mail: vonqueensml@ns.sympatico.ca
Meals Prepared by: Queens Manor
Days Meal is Available: Monday to Friday ***Take-out service available for frozen favourites**
Fee Charged: $3.00 per meal
Frozen Favourites (Private Recipes) available: Yes- $5.00/meal
Submitted by: Jo-Ann Walker

Caledonia

Caledonia Meals on Wheels
Contact Person: Sandra Carver
Box 146 Caledonia, Queen's Co., NS B0T 1B0
Phone: 682-2680 Fax: 682-2378 E-mail: sanrobcarver@hotmail.com
Meals Prepared by: North Queen's Home for Special Care
Days Meal is Available: Tuesday & Thursday *** Take-out service available**
Fee Charged: $3.50 per meal with soup ($3.00 without soup)
Frozen Favourites (Private Recipes) available: No
Submitted by: Sandra Carver

Frozen Favourites (Private Recipes)

VON Queens Branch
Phone: 354-3297

SHELBURNE COUNTY

Sandy Point - 5 Mile Radius of Roseway Manor

Roseway Manor Inc.
Contact Person: Alison Thibault
P.O. Box 518, Shelburne, NS B0T 1W0
Phone: 875-4707 Fax: 875-4105 E-mail: roseway.manor@ns.sympatico.ca
Meals Prepared by: Roseway Hospital, Dietary Dept.
Days Meal is Available: Monday to Friday
Fee Charged: $4.25
Frozen Favourites (Private Recipes) available: No
Submitted by: Alison Thibault

Barrington, Cape Sable Island, Woods Harbour, Shag Harbour

Smart Meals
Contact Person: Joan Bower
S. W. Shore Development Authority, Box 237 Barrington, NS B0T 1L0
Phone: 637-2847 Fax: 637-1954 E-mail: swsdab@auracom.com
Meals Prepared by: Private Recipes, Brampton, Ontario
Days Meal is Available: Pick up or delivery is once a week
Fee Charged: $5.00
Frozen Favourites (Private Recipes) available: Yes
Submitted by: Krista Peterson

YARMOUTH COUNTY

Town of Yarmouth

Yarmouth Regional Hospital
Contact Person: Lorie LeBlanc
60 Vancouver St., Yarmouth, NS B5A 2P5
Phone:742-3542 (774) Fax: 742-3347 E-mail:lleblanc@sndha.nshealth.ca
Meals Prepared by: Yarmouth Regional Hospital, Dietary Dept.
Days Meal is Available: Monday to Friday
Fee Charged: $3.75 per meal
Frozen Favourites (Private Recipes) available: No
Submitted by: Lorie LeBlanc

Meals in Minutes (Private Recipes)

VON Tri County Branch
Phone: 742-4512

WHEELS TO MEALS

MEALS TO WHEELS

CAPE BRETON COUNTY

New Waterford

Maple Hill Manor
Contact Person: Diana Oursin
700 King St., New Waterford, NS
Phone: 862-9645 Fax: 862-9294
Meals Prepared by: Cook on duty
Days Meal is Available: Everyday
Fee Charged: $3.50 per meal
Take-out Service: Available
Submitted by: Diana Oursin

Sydney City and County

Braemore Home
Contact Person: Karen Rafuse
Po Box 515, Sydney, NS B1P 6H4
Phone: 539-7641 Fax: 539-5340
Meals Prepared by: Food Service Department, Braemore Home
Days Meal is Available: Monday, Wednesday & Friday
Fee Charged: $3.75 per meal
Take-out Service: None-available
Submitted by: Anita Bond

COLCHESTER COUNTY

Glenholm - Lower Five Islands

Royal Canadian Legion Branch 72
Contact Person: Art Chisholm
RR1, Great Village, NS B0M 1L0
Phone: 668-2088
Meals Prepared by: Cooks & volunteers
Days Meal is Available: 1st and 3rd Tues. of the month (Sept. - June)
Fee Charged: $4.00 per meal
Take-out Service: Available
Submitted by: Art Chisholm
* There will be a delay in the Wheels to Meals program in September due to work on the legion.

Truro & Area

Royal Canadian Legion Branch 26
Contact Person: Carol MacMillan
P.O. Box 635 Brunswick St., Truro, NS B2N 5E5
Phone: 895-0233 Fax: 895-5644
Meals Prepared by: Royal Canadian Legion/Ways and Means Committees
Days Meal is Available: Thursday
Fee Charged: $5.00 per meal
Take-out Service: Available
Submitted by: Carol MacMillan

HALIFAX COUNTY

Halifax West – Rockingham, Clayton Park West

Rockingham Community Centre
Contact Person: Selina Cajolais
199 Bedford Highway, Halifax, NS B3M 2J9
Phone: 490-4686 Fax: 490-5928 E-mail: rcc199@ns.sympatico.ca
Meals Prepared by: Cook & dietetic & nutrition students
Days Meal is Available: Thursday
Fee Charged: $4.00 per meal (breakfast also available Tuesday mornings)
Take-out Service: Available
Submitted by: Selina Cajolais

Fairview & Clayton Park Area

Fairview United Church
Contact Person: Sandra Fox & Marion Clarke
3524 Dutch Village Road, Halifax, NS B3N 2S1
Phone: 443-7123
Meals Prepared by: Volunteers
Days Meal is Available: Wednesday (Sept-June) *reservations required before 4:00pm on Tuesday
Take-out Service: None available
Submitted by: Sandra Fox

Sackville & Area (Up to Mt Uniacke)

Silver & Gold Seniors' Centre
Contact person: Jackie Cajolais
800 Sackville Drive, Lower Sackville, NS B4E 1R8
Phone: 864-5591 Fax: 864-0561 E-mail: sackvilleseniors@hotmail.com
Meals Prepared by: Volunteers
Days Meal is Available: Wednesday
Fee Charged: $4.00 per meal
Take-out Service: Available
Submitted by: Jackie Cajolais

Halifax South

Spencer House Seniors Centre
Contact Person: Pearleen Sheppard
5596 Morris St., Halifax, NS B3J 1C2
Phone: 421-6131 Fax: 490-4460
Meals Prepared by: Cook & volunteers
Days Meal is Available: Monday to Friday
Fee Charged: $4.50 non members $4.00 members
Take-out Service: Available
Submitted by: Pearleen Sheppard

Halifax

Ward 5 Neighborhood Centre
Contact Person: Susan Nordin, Meal Coordinator
5540 Russell St., Halifax, NS B3K 1X2
Phone:454-0018 Fax: 484-0018 E-mail:ward5.com.centre@ns.sympatico.ca
Meals Prepared by: Susan Nordin
Days Meal is Available: Monday to Friday
Fee Charged: $3.50 per meal
Take-out Service: Available
Submitted by: Susan Nordin

Central Halifax

CHEC Seniors Lunch Program
Contact Person: Patricia Whalen
6368 Edinburgh Street, Halifax, NS B3L 1W4
Phone: 455-4529
Meals Prepared by: Theresa Richard
Days Meal is Available: Thursday (excluding summer months)
Fee Charged: $5.00 per meal
Take-out Service: No
Submitted by: Patricia Whalen

Dr. Samuel Prince Manor (Residents & Guests)
Contact Person: Susan Nordin
c/o Metro Regional Housing Authority
3700 Kempt Road, Halifax, NS B3K 4X8
Phone: 454-0018 E-mail: ward5.com.centre@ns.sympatico.ca
Meals Prepared by: Angela Sparks
Days Meal is Available: Thursday (advance notice required)
Fee Charged: $3.50
Take-out Service: None Available
Submitted by: Douglas MacDonald

Joseph Howe Manor (Residents & Guests)
Contact Person: Susan Nordin
Metro Regional Housing Authority
c/o 3700 Kempt Road, Halifax, NS B3K 4X8
Phone: 454-0018 E-mail: ward5.com.centre@ns.sympatico.ca
Meals Prepared by: Angela Sparks
Days Meal is Available: Wednesday
Fee Charged: $3.50 per meal
Take-out Service: None Available
Submitted by: Douglas MacDonald

Gordon B. Isnor Manor (Residents & Guests)
Contact Person: Alice Galpin Nicholson
3700 Kempt Rd. Halifax, NS B3K 4X8
Phone: 420-6040 Fax: 420-2817
Meals Prepared by: Betty Andrews
Days Meal is Available: Wednesday & Friday *reservations required (minimum 2 day notice)
Fee Charged: $3.50
Take-out Service: Available
Submitted by: Maria Coates

Sunrise Manor (Residents & Guests)
Contact Person: Gail Kelly
3700 Kempt Rd. Halifax, NS B3K 4X8
Phone: 420-6047
Meals Prepared by: Pauline Cyr
Days Meal is Available: Tuesday & Thursday ***reservations required (minimum 2 day notice)**
Fee Charged: $3.50 per meal
Take-out Service: Available
Submitted by: Maria Coates

Dartmouth

Edgemere Manor (Residents & Guests)
Lunch Bunch
Contact Person: Karin O'Hearn
45 Ochterloney St. Dartmouth, NS B2Y 4M7
Phone: 465-5578 Fax: 465-2755
Meals Prepared by: David Powell
Days Meal is Available: Monday
Fee Charged: $3.50
Take-out Service: Available
Submitted by: Jane Parsons

Eastwood Manor (Residents & Guests)
Lunch Bunch
Dartmouth Seniors' Service Centre
Contact Person: Karin O' Hearn
45 Ochterloney St., Dartmouth, NS B2Y 4M7
Phone: 465-5578 Fax: 465-2755
Meals Prepared by: David Powell
Days Meal is Available: Wednesday
Fee Charged: $3.50 per meal
Take-out Service: Available
Submitted by: Jane Parsons

Alderney Manor (Residents & Guests)
Lunch Bunch
Dartmouth Seniors' Service Centre
Contact Person: Karin O'Hearn
45 Ochterloney St., Dartmouth, NS B2Y 4M7
Phone: 465-5578 Fax: 465-2755
Meals Prepared by: David Powell
Days Meal is Available: Friday
Fee Charged: $3.50 per meal
Take-out Service: Available
Submitted by: Jane Parsons

Dartmouth Senior Service Centre
Contact Person: Jane Parsons
45 Ochterloney St., Dartmouth, NS B2Y 4M7
Phone: (902) 465-5578 Fax: (902) 465-2755
E.mail: dartseniors@accesswave.ca
Meals Prepared by: Staff and Volunteers
Days Meal is Available: Mon. Tues. Wed. Thurs. Fri.
Fee Charged: $4.00 members $5.00 non-member
Take-out Service: Available
Meal Services Available: Frozen Meals
Submitted by: Jane Parsons

HANTS COUNTY

Windsor & Area

L.A.M.P. Senior's Centre
Contact Person: Vivian MacMillan
44 Underwood Dr., Windsor, NS B0N 2T0
Phone: (902) 798-4913
Meals Prepared by: Glad Tidings Church
Days Meal is Available: Friday
Fee Charged: $3.00 per meal
Take-out Service: Non-Available
Submitted by: Vivian MacMillan

KINGS COUNTY

Berwick, Kentville, Kingston

VON Seniors' Lunch Bunch
Contact Person: Scott Anderson
15 Chipman Dr., Kentville, NS B4N 3V7
Phone: (902) 690-2118 Fax: (902) 690-2106
E-Mail: andersons@vonannvalley.ns.ca
Meals Prepared by: Local churches & Service Groups
Days Meal is Available: Once a month in each area covered (winter)
Fee Charged: $ 6.00 per meal
Take-out Service: Available
Submitted by: Scott Anderson

PICTOU COUNTY

Pictou County

Valley View Villa
Contact Person: Clara MacKinnon, F.S.S.
RR#1 Stellarton, NS B0K 1S0
Phone: (902) 755-5780 (ext 31) Fax: (902) 755-3104
Meals Prepared by: Valley View Villa - Dietary Staff
Days Meal is Available: Everyday
Fee Charged: $4.85 per meal
Take-out Service: Available
Submitted by: Clara MacKinnon